

## Lady Constance Stewart Richardson

### How to Acquire a Beautiful Figure Through Dancing

and as the hands reach the shoulders, and the elbows are at waist height, turn the fingers up, at the same time turning out the hand above the raised knee, and elevating the up pointing fingers of the other hand above the head.

Polse, balance and reduction of foot. When the weight is coming on the right foot and the right wrist is foremost, throw the head to the right and give the body (which must be bent slightly back throughout the exercise) a slight turn to the right. Alternate this from foot to foot.

Always practise these exercises in

In the Figure on Top, Lady Constance Shows How to Stand Gracefully. A Simple Exercise in Swinging From Foot to Foot. This Will Teach You How to Balance the Weight Properly. The Next Figure Below Will Bring Grace to Arms and Shoulders. Besides This, It Is a Splendid Exercise For Reducing Hips and Thighs.

By Lady Constance Stewart Richardson.

EVERYONE agrees that for the art of sculpture we cannot exceed the ancients. To me it seems that the Greeks had beautiful sculptured figures because they had wonderful models, and had wonderful models because they had a deep veneration for the almost divine beauty of the human form. And so out of this circle of perfection they chiseled glorious figures that we today may use as models for the beautification of our own bodies.

Today I am showing you three figures, and I shall dwell at length on them and what we may hope to acquire from a practice of the poses they portray. Let us make a slight study of the expression of mood in plastic expression of countenance and body. For unless the face and body are attuned in the expression of a mood, there will be ungraceful uncertainty as a result.

The first figure on top might stand for a number of ideas—innocence, innocence is the most dramatic idea that it suggests. To me it simply is a harmoniously simple pose, in which body and face express quiet dignity. Try it yourself—for it looks very easy to take a pose like this. But to stand poised firmly and gracefully on one foot, with the whole body balanced, ready to spring into motion and life and still at rest, is quite a feat. The ability to stand gracefully in such a pose is generally balance on heels or toes, or sag awkwardly on one hip.

Let me suggest an exercise for the acquisition of ability to stand gracefully. Balance the weight on the ball of the right foot, let the right arm hang easily at the side. Sway the body slightly to the left and raise the left arm to the chest at the same time raising on the toes of the left foot until the weight is all balanced on the right foot. Then sway the weight gradually to the left foot, rising on the right toe and lifting the right arm to the chest. Simply away from foot to foot in exactly the posture that figure one shows you.

Figure two is gayety shown in one step of an old dance of triumph. It gives the most marvellous control of knee, knee, ankle and instep, and will serve to bring down an accumulation of weight about the hips and thighs. Furthermore it insures a graceful control of arms and shoulders.

The practice of this seemingly complicated exercise is simple when once you have carefully analyzed the picture I have posed for you. Beginning with the left foot, rise slowly to the toes, at the same time raising the other leg with the knee bent and the instep so flexed that the toes point almost perpendicularly to the floor.

The rising on the toes of one foot and the lifting of the other limb until the knee is far above the waist line must be simultaneous.

Practise this first, alternating from one foot to the other, with the arms hanging at the sides.

Then combine the arm and leg motion, and see what a gain in balance results.

Lift the arms with drooping wrists, superfluous hip flesh—is this not a vast deal to gain from one dancing exercise?

The last figure illustrates a little faunlike movement, that is splendid for back, throat and instep, as well as for flexibility of wrist. Walk forward on tiptoes, with the uplifted hands crossing first to the right and then to the left as the body's weight is thrown first on the right and then on the left



In the Last Figure Lady Constance Gives a Little Toe Exercise.

These pictures were especially posed for this page.

# ATTENTION!

We have had so many inquiries regarding the  
**Collapse of the Ainsa Home**

That we feel justified in advising the public that  
**Neither the Mayfield Realty Company NOR THE Mayfield Building & Improvement Co.**  
are in any way interested in the construction of this building and are not in any way associated with the firm of "Mayfield & Shaw"

WHAT "STERLING" IS TO SILVER "MAYFIELD" IS TO A HOME

## News Brevities

(Advertisement.)  
**Train Ballels**  
All afternoon and evening trains for Saturday are reported on time.  
**Dr. Pearce, Osteopathic physician,** has returned, 418 Mills Bldg.  
**Will Build Bungalow**  
Wade Armstrong has bought from Fred Schniffler, lots 1 and 2 in block 108 Highland Park and will erect a bungalow home thereon.  
**Have Your Electrical Work done by** the Texas Electrical Supply Co. 73 cents per hour. 25 percent saved on fixtures. 119 N. Stanton St. Phone 1120.  
**Prisoner Spends Night Here.**  
D. R. McCullough, in transit from Riverside, Calif., to Emory, Texas, where it is said he is wanted on a bigamy charge, spent Friday night in the city jail. The prisoner was in the custody of sheriff Whittle, of Emory, who left with him early Saturday morning.  
**For house wiring and fixtures,** see the National Telegraph and Supply Company, 217 Mills street.  
**Missing Boy and Man Sought**  
Mrs. B. E. Stewart, 2115 Terry street, Houston, Texas, wants police chief, I. N. Davis, to find her son, Gussie, Stewart, aged 14 years. The mother wrote the chief that her son ran away from home two weeks ago.  
Relatives of John Perche, living at Solburg, Austria, want news of their missing kinsman. They wrote that Perche came to El Paso in 1886 but since that time he had been lost track of.  
**Dr. Jamieson, diseases of kidneys,** bladder, rectum and skin; 619 Mills Bldg.  
**To Reorganize Weather Bureau**  
Washington, D. C. July 26.—Reorganization of the weather bureau is

soon to be made as a result of a report made to secretary Houston by a special committee which has investigated the working of the bureau.  
**For calling and receptions,** ride in the \$5000 limousine of Longwell's.  
During next sixty days our prices on wallpaper and papering will be at least 20 percent cheaper than any other firm in the city. C. H. Williams & Co., 223 S. Stanton.  
**Attention, O. R. C.**  
You are requested to meet at Nagley & Kaster's undertaking parlors at 3:30 p. m. to attend the funeral services of our late brother T. J. McManus. Interment, Evergreen cemetery.  
George H. Aiken, Secretary.  
**Dr. Hurley, phones 4533 and 275.** Diseases of children and nervous troubles.  
**Prompt Transfer Service.**  
For prompt baggage, livery, hack and freight transfer, call Fomeroy's El Paso Transfer. Phone 2444.  
**Dr. Nettie Satterlee, osteopath,** 410 Mills Bldg., phone 141.  
**Ordinance Experts Aid Japan.**  
Vancouver, B. C. July 24.—Five expert ordinance engineers from two of the leading gun factories in England have arrived here on their way to Japan where they will take charge of ordinance work at a secret plant established by the Japanese at Maroran, on Hokkaido Island. The Japanese government has its regular arsenal at Kobe, but the plant at Maroran, where the British experts have been engaged, is for work of a special character.  
**Dr. Ebert, Dentist,** 215-218 Mills Bldg.  
**Dr. A. T. Still Osteopathic Infirmary.**  
Dr. Ira W. Collins, physician in chief, Dr. Doris Pearl Jones, lady specialist, Dr. Carl Gibson, 261 W. Missouri street. They cured others. They can cure you.  
**Dr. Cameron, dentist,** 228 Mesa Ave. 4195. Office consultation by appointment only.  
**Consumption is instantly checked in** its ravages by my Method of Outward Feeding. Printed data and Consultation (even at your own home) absolute free. I have surprising local Testimony as to the power of my Method as a Death-fighter. Alice Gertrude Corwin (Mrs. Geo. A.), 508 Mesa Ave. Phone 4195. Office consultation by appointment only.

## DAILY RIDDLES

QUESTIONS.  
1. What is the best game for a Christmas party?  
2. When is love a deformity?  
3. What we all require, what we all give, what we seldom ask for and very seldom take?  
4. What animal can you make from the letters in the following word: "Fifteen"?  
5. Why do policemen never catch the thieves they watch for?  
Answers will be found under their appropriate numbers scattered through the Classified Advertising pages.

Harris, driver of the second stage, which was bound for Sierra City.  
**Dr. Garrett, stomach, intestines and internal diseases,** 403 Roberts-Ban Bldg.  
**Murder Trial Costs \$100,000.**  
Juneau, Alaska, July 26.—The defense rested in the trial of Joe E. McDonald, general manager of the Consolidated Mining and Milling company, of Guanajuato, Mexico, who is on trial here on a charge of murder in the first degree for the killing of N. C. Jones, a mission worker at Treadwell, May 1, 1902. The trial will cost close to \$100,000, 60 witnesses having been summoned from all parts of the United States. Most of the expense falls on the defense.  
**Wallpaper and paperhanging; lowest prices.** A. Golding, 210 South Stanton.  
**Baggage autos—they move your trunks quickest.** Phone 1. Longwell's.  
**Dr. Branch Craigie, practices limited** to diseases of children and obstetrics.  
**Falls From Car; Is Killed.**  
Pueblo, Colo., July 26.—James Crosson, a Denver & Rio Grande railroad conductor, was instantly killed by falling from a ballast car near the steel works here, while keeping you laughing all the time. The cause of the accident is not known.  
**Dr. Ratliff, dentist,** 204 Caples Bldg.  
**Dr. Morford moved to 218 Mills Bldg.**  
**Dr. Paget, dentist,** 501 Roberts-Banner.

## ALPINE HAS RAIN AND ELECTRIC STORM

Alpine, Texas, July 26.—Alpine and the surrounding country for a radius of many miles has had a splendid rain, the most satisfactory of the year. Though the rainfall was only one and three-quarter inches over the most of the area affected, more good was done than by many a heavier rain, because it fell so evenly that the earth had time to soak it up, and none of the precious moisture was wasted.  
During the heavy rainstorm lightning struck and killed a fine cow belonging to Clarence Hord. This was the only damage done in town by the lightning, besides burning out a few telephone boxes.

## DROUTH IN PANHANDLE BROKEN BY DOWNPOUR

Amarillo, Texas, July 26.—Drouth conditions prevailing in this section of the Texas Panhandle were broken last night by a rainfall little short of a water spout. Lakes were filled and crops saved. Cattle interests are greatly benefited.

## RAIN ASSURES CROPS AROUND BIG SPRINGS

Big Springs, Texas, July 26.—A splendid rain fell throughout the Big Springs country last night. Crop conditions are now the best.

## AMUSEMENTS.

**AIRDOME THEATRE.**  
Beginning Wednesday, July 26, the Jack House Stock company will present "Sex vs. Se." in four acts, one of Eugene Walter's masterpieces, with high class specialties between acts.  
The Jack House Stock company of eight people, comes here from the Lyceum theater in Los Angeles, where the company has played 24 consecutive weeks. The prices will be 10c, 20c and 30c.—Advertisement.  
**HELEN GARDNER AT THE BIJOU.**  
Today, a marvelous and powerful drama, "The Vampire of the Desert," will be shown at the Bijou theater. The appearance in the picture of Miss Helen Gardner, assisted by Miss Leah Baird and Harry T. Morry, assures the public that this picture is a masterpiece in itself. The director has gone to no end of care to give this play adequate settings, and the camera man has shown superior skill in the photography of this picture.  
The management urges its patrons to attend the matinee today and avoid the crowds that want to see Helen Gardner tonight.  
The program ends with a very funny comedy, "No Sweets." Hughie Mack and Flora keep you laughing all the time. The gymnasium scenes arouse much mirth. The Bijou program tomorrow will be entirely new and up to the Bijou standard. The patrons should not miss it.—Advertisement.  
**LAST TIME OF "GIRL SPY."**  
Romaine Fielding's stirring tale of the present Mexican trouble, "A Girl Spy in Mexico," will be shown at the Wigwam today for the last time. It was made in Nogales with the assistance of three troops of U. S. cavalry. There is plenty of action in it and the scenery is superb. John Bunny in a vignette comedy completes today's bill.  
Monday, "The Battle for Freedom," will be the attraction. This is a two reel romantic war drama. Its scene of action is in South Africa and the producers have been very careful to select places similar to those in Africa. It was produced under the direction of officers who took part in the Boer war. Especial attention is given to a comparison of the different military tactics of the British and Boers.—Advertisement.

## FEDERALS ARE REFUSED IN SORTIE AT MONCLOVA

Baggie Pass, Tex., July 26.—Five hundred federals who made a sortie from Monclova yesterday were driven back by rebels according to reports from C. P. Diaz. Considerable loss on both sides was reported. The federals are said to have executed two Mexican business men of Monclova because they sympathized with the rebels. Refugees assert there have been many other executions in Monclova.

## All Members of This Club

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By George McManus

